

CHICKEN STIR FRY

By Chef Stephen Forman



DIRECTIONS:

1. Cook rice according to package directions.
2. In a medium frying pan, heat $\frac{1}{2}$ of the sesame oil, add the broccoli, carrots, and snap peas. Cook for 2 minutes and stir. Once soft, remove from pan and set aside.
3. Bring the pan back to medium heat. Add chicken pieces and cook for 3 minutes. Continue to move the pan while the chicken is cooking. Remove from heat, and place chicken on a plate.
4. Bring pan back to medium heat and add the other $\frac{1}{2}$ of sesame oil. Add the garlic and stir quickly, while moving the pan. Add back the chicken and vegetables, continue to stir.
5. Add cornstarch and cook for 1 minute. Add honey and soy sauce, cook until sauce is smooth.
6. Serve with $\frac{1}{2}$ cup of rice, enjoy!

INGREDIENTS:

- 1 lb. chicken breast, chopped
- 1 crown broccoli, cut into small florets
- 2 carrots, chopped
- 2 cups snap peas
- 3 cloves garlic, minced
- $\frac{1}{4}$ cup sesame oil
- 1 Tbsp. honey
- $\frac{1}{4}$ cup low-sodium soy sauce
- 1 cup brown rice

Nutrition Facts

servings per container

Serving size **1 Bowl**

Amount per serving

Calories 390

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 480mg **21%**

Total Carbohydrate 45g **16%**

Dietary Fiber 7g **25%**

Total Sugars 9g

Includes 3g Added Sugars **6%**

Protein 25g

Vitamin D 0mcg **0%**

Calcium 100mg **8%**

Iron 3mg **15%**

Potassium 803mg **15%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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healthyoptionsbuffalo.com

MEAL KIT SHOPPING LIST

Week 3: Chicken Stir Fry

Fruit:

- No fruit this week

Vegetables:

- 1 head of broccoli - \$1.00
- 1 bag of carrots - \$1.69
- 1 package of snap peas - \$2.50
- 1 head of garlic - \$0.90

Protein:

- 1 package chicken breast - \$8.99

Dairy:

- No dairy this week

Grains:

- 1 16 oz bag brown rice - \$0.99

Herbs, Spices & More:

- 1 bottle honey - \$3.69
- 1 bottle low-sodium soy sauce - \$3.29
- 1 bottle sesame oil - \$3.99
- 1 package corn starch - \$1.39


Cooking at Home

Grocery cost: \$27.66

Recipe cost: \$12.78

Cost per meal: \$2.13

*prices found at your local Wegmans store